

WAYS TO MOVE ON WITH YOUR LIFE

- Work on obtaining a balanced life between your career, children, dating, emotional recovery and to do things that make you happy. Now is the time to be selfish and focus on you.
- Keep busy but do get your rest when needed.
- Rely on your friends and family. You cannot do this alone. This is the time that important people in your life can help you through your divorce and beyond.
- Take time for you. Plan your days not only with the every day things in life but do what makes you happy with or without family and friends.
- Boost your self-esteem through assertiveness training.
- Don't take the ex's comments too personally.
- Stay calm. It's not your anger.
- Learn to be aware of your hot buttons.
- Try forgiveness--even if it's hard.
- Refuse face to face contact and screen calls that may make you angry.
- Remember, there is fear, shame and pain behind the anger.

If you cannot afford an attorney Mr. Radoff will be happy to prepare the necessary documents for you to represent yourself and provide you with the legal advice you need in any court in California.

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